This listing of claims will replace all prior versions, and listings, or claims in the application.

1. (Currently amended) A training bat system for a user, comprising:

a tubular member whose length is similar to a conventional bat and, whose outer diameter over an area used for hitting the ball is smaller then the diameter of a conventional bat over an area used for hitting the ball, and whose outer surface is uniform, having a bore extending within from an inner end to a distal end of said tubular member and said tubular member is made out of a material that will not be damaged when said tubular member is used as a bat;

a plurality of weight members that are adapted to fit within the bore and can be place within the bore of said tubular member or can be fully removed from bore of said tubular member and these weights allow an individual to change the weight of the tubular member, and said weighted members vary in length and weight, said weighted members are positionable within the boar such that an individual placing the weights within the bat can make any section of the tubular lighter or heaver to ~~and~~ make the tubular member similar in weight and balance to a conventional bat; and

a means to compress said weighted members within said boar to ensure that the weights do not move; and,

an inner cap attachable to said inner end of said tubular member for retaining said weight members within said bore.

2. (canceled)

3. (Previously presented) The training bat system of Claim 1, wherein said bore is comprised of a consistent diameter.

Claims 4 and 5 (canceled)

6. (Previously presented) The training bat system of Claim 1, wherein said inner cap has a flanged portion and an extended portion.

7. (Previously presented) The training bat system of Claim 1, wherein said extended portion is threaded for threadably engaging an interiorly threaded portion of said inner end.

8. (Currently amended) The training bat system of Claim 1, wherein the means for compressing is ~~including~~ a compression spring positioned between said weight members and said inner cap.

9. (Previously presented) The training bat system of Claim 1, wherein said tubular member is comprised of a plastic material.

10. (Previously presented) The training bat system of Claim 1, wherein said tubular member is comprised of aluminum.

11. (Currently amended) A training bat system as in claim 1, further comprising:

~~a tubular member whose length is similar to a conventional bat and, whose outer diameter over an area used for hitting the ball is smaller then the diameter of a conventional bat over an area used for hitting the ball, and whose outer surface is uniform, having a bore extending within from an inner end to a distal end of said tubular member and said tubular member is made out of a material that will not be damaged when said tubular member is used as a bat;~~

~~a plurality of weight members that can be place within the bore of said tubular member or can be fully removed from the the bore of said tubular member and these weights allow an individual to change the weight of the tubular member; and~~

~~an inner cap attachable to said inner end of said tubular member for retaining said weight members within said bore; and~~

an outer cap attachable to said distal end of said tubular member for retaining said weight members within said bore.

12. (canceled)

13. (Previously presented) The training bat system of Claim 11, wherein said bore is comprised of a consistent diameter.

Claim 14. and 15 (Canceled)

16. (Previously presented) The training bat system of Claim 11, wherein said inner cap has a flanged portion and an extended portion.

17. (Previously presented) The training bat system of Claim 17, wherein said extended portion is threaded for

threadably engaging an interiorly threaded portion of said inner end.

18. (Currently amended) The training bat system of Claim 11, wherein the means for compressing is ~~including~~ a compression spring positioned between said weight members and said inner cap.

19. (Previously presented) The training bat system of Claim 11, wherein said tubular member is comprised of a plastic material.

20. (Previously presented) The training bat system of Claim 11, wherein said tubular member is comprised of aluminum.